

2022



# #LentReset

Simple Lenten practices to re-center your faith through self-care, reflection, and prayer

supported by



Catholic Apostolate Center & Catholic Volunteer Network

#LentReset



## ash wednesday

Open your journal, a Google doc, or a notes app and spend 5 minutes freewriting about **humility**.

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thur. march 3

Give yourself more time than usual to sit in **silence** before moving from one task to the next one.

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fri. march 4

**Pray** with **Isaiah 58:6** by reading the scripture and reflecting on who it brings to mind in your own life.

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sat. march 5

**Ask for help** with something you've been determined to do on your own, but now realize you cannot.

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sun. march 6

Give yourself  
permission to **rest** for  
however long you can  
afford.

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mon. march 7

Put down your cell phone earlier than you usually would before bed and use that time to **speak with God** instead.

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tues. march 8

**Reach out** to a relative or friend you haven't talked to yet this year and genuinely listen when they speak.

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weds. march 9

Pause and say a **Hail Mary** between meetings and events throughout the day.

**#LentReset**





**thur. march 10**

Think if there is anyone you need to **forgive or apologize** to and reach out to them.

**#LentReset**





fri. march 11

**Read about a saint**  
whose feast we  
celebrate today or this  
week.

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sat. march 12

Reflect on **John 10:10**  
and the ways Jesus  
gives us abundant life.

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sun. march 13

Ask for the **Holy Spirit's guidance** before any meetings or decisions.

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mon. march 14

Start your commute  
with a **period of silence**  
to prepare for the day  
ahead.

| **#LentReset**





tues. march 15

Take some time to **cook your favorite meal** and spend a little extra time enjoying it.

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weds. march 16

**Express gratitude** to someone during your day who has helped you or someone you are grateful for.

**#LentReset**





**thur. march 17**

End the day by **praying**  
Night Prayer. Appreciate  
that quiet moment  
speaking with God.

**#LentReset**



fri. march 18

Instead of scrolling  
social media, **read** a  
book for 10 minutes.

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sat. march 19

**Journal highs and lows** of your day. Try to see times where the Holy Spirit was guiding you throughout the day.

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sun. march 20

Buy yourself flowers or  
**something special** to  
brighten up the week.

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mon. march 21

**Take a walk outside** and reflect on the beauty of nature the Lord has created.

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**tues. march 22**

**Declutter** 10 things from your house that you no longer need and consider donating them to a charity of your choosing.

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weds. march 23

**Begin your day with prayer** while making your bed or morning coffee.

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thur. march 24

**Go to bed early** and allow yourself to get a full night sleep.

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fri. march 25

Practice giving **gratitude to God** at the end of the day by writing a list of three things you are grateful to have.

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sat. march 26

**Ask Christ** to be with you in your daily struggles, especially the ones you are afraid to face alone.

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sun. march 27

Invite a friend to come to **Mass or Confession** with you, especially if they or you have not been in a while.

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mon. march 28

**Pray using Jer. 29:11** and reflect on how it applies to your life currently.

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tues. march 29

**Say one decade of the Rosary**, choosing to meditate on a mystery that speaks to your life the most right now.

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weds. march 30

Eat your favorite nutritious and filling breakfast to **start your day with energy.**

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thur. march 31

**Research the patron saint** of your job, a hobby, or a cause in your life. Ask for help in your life through a prayer for their intercession.

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fri. april 1

**Volunteer at a local charitable organization,** and if time doesn't allow, offer a monetary donation as your means allow.

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sat. april 2

**Take a break** from streaming services for a day, redirect that time into prayer and meditation.

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sun. april 3

Look up how to **pray  
the Examen**, and give  
it a try this evening,  
focusing on your day.

| **#LentReset**





mon. april 4

Get an **accountability partner** for spiritual reading. You can read the same book, or read two different things and share.

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**tues. april 5**

Read several psalms from the **Book of Psalms**, and find one that resonates with you and your present life. Pray with this psalm today.

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weds. april 6

Look at your Parish's liturgical schedule and try to **make time for Confession** at least once before Easter.

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thur. april 7

After a long or stressful day, go for a **quick walk** in one of your favorite areas.

**#LentReset**





fri. april 8

**Before reaching for your cell phone** in the morning when you wake up, try naming three things or people you are grateful for this week.

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sat. april 9

Fast from looking at your phone during meals today, and **try savoring your meal** and enjoying the company of those with whom you are eating.

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sun. april 10

Try taking 10 minutes to **clean** under your bed, furniture, or other easy-to-miss spaces in your home.

#LentReset





mon. april 11

Pick a podcast to try out this week on the topic of **faith, prayer, or spirituality** and listen to it during your commute or while doing chores around the house.

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tues. april 12

Find out what date you were **baptized**, and learn about the story of your Baptism.

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weds. april 13

Take ten minutes to **check in with your body** today, noting if you need more rest, exercise, or to eat or drink more balanced.

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## holy thursday

Reflect on the times when you have **encountered Christ** in the Eucharist and how that has shaped your faith.

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## good friday

Participate in the **Stations of the Cross** either online or at your parish as a way to journey with Jesus on the road to Calvary.

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## holy saturday

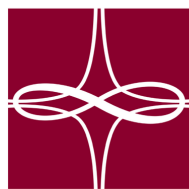
Think back to how **#LentReset** has impacted your experience of this season. What have you learned about caring for your spirit and faith?

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sun. april 17

# #HappyEaster

from



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